

CLAIMS

1. A chair glide for a chair leg having an inner leg surface and an outer leg surface, the glide comprising:

an insertion portion comprising a plurality of first extensions and a plurality of

5 second extensions, wherein the first extensions have a width that is greater than a length and wherein the second extensions have a length that is greater than a width; and

a support portion extending from an end of the insertion portion, wherein the support portion has a width that is greater than a width of the inner leg

10 surface.

2. The chair glide of claim 1, wherein the chair glide is used with a chair leg having a substantially square profile.

15 3. The chair glide of claim 1, wherein the insertion portion has four sides, wherein the plurality of first extensions and the plurality of second extensions are formed in each of the sides.

4. The chair glide of claim 3, wherein the plurality of first extensions are
20 oriented at an intermediate location of the insertion portion between at least two of the plurality of first extensions.

5. The chair glide of claim 1, wherein the first extensions each have a tapered configuration.

6. The chair glide of claim 1, wherein the support portion has a lower surface
5 with a central region and a plurality of side regions that extend around the central region and that are oriented at an angle with respect to the central region.

7. The chair glide of claim 5, wherein the central region and each of the side regions have a surface area that is approximately equal.

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8. A chair glide for a chair leg, the chair glide comprising:
an insertion portion that is adapted for insertion into a lowered end of the chair
leg; and
a support portion extending from the insertion portion, wherein support
15 portion has a lower surface with a central region and a plurality of side regions, wherein the side regions are oriented at an angle with respect to the central region.

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9. The chair glide of claim 8, wherein the central region and each of the side
20 regions have a surface area that is approximately equal.

10. The chair glide of claim 8, wherein the angle is less than about thirty degrees.

11. The chair glide of claim 8, wherein the insertion portion includes a plurality of first extensions and a plurality of second extensions.

5 12. The chair glide of claim 11, wherein the insertion portion has four sides, wherein the plurality of first extensions and the plurality of second extensions are formed in each of the sides.

13. The chair glide of claim 11, wherein the plurality of first extensions are
10 oriented at an intermediate location of the insertion portion between at least two of the plurality of first extensions.

14. The chair glide of claim 8, wherein the first extensions each have a tapered configuration.

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15. A method of inserting a chair glide in a chair leg, the method comprising:
forming the chair glide having an insertion portion and a support portion that
extends from the insertion portion, wherein the insertion portion
comprises a plurality of first extensions and a plurality of second
20 extensions;
heating the chair glide to a temperature that is near a melting temperature of
the chair glide; and

urging the insertion portion into the chair leg, wherein this step causes the plurality of first extensions and the plurality of second extensions to deform and thereby firmly contact the chair leg to thereby resist removal of the chair glide from the chair leg.

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16. The method of claim 15, wherein the chair leg has a substantially square profile.

17. The method of claim 15, wherein the insertion portion has four sides, wherein
10 the plurality of first extensions and the plurality of second extensions are formed in each of the sides.

18. The method of claim 17, wherein the plurality of first extensions are oriented at an intermediate location of the insertion portion between at least two of the
15 plurality of first extensions.

19. The method of claim 15, wherein the first extensions each have a tapered configuration.

20. The method of claim 15, wherein the support portion has a lower surface with a central region and a plurality of side regions that extend around the central region and that are oriented at an angle with respect to the central region.

21. The method of claim 20, wherein the central region and each of the side regions have a surface area that is approximately equal.